

Additional training cases will be assigned if necessary. MET therapists will have monthly individual supervision and twice monthly group supervision. Throughout the study your sessions will be audio-taped and these along with your self-assessments on the therapist checklists will be used to guide supervision.

If you are selected for the TAU condition, your first three sessions with clients participating in the study will be audio-taped.

IF I WILL HAVE TO DO EXTRA WORK, WHY SHOULD I PARTICIPATE AS A THERAPIST IN A RESEARCH STUDY?

There are many reasons to participate as a therapist in a clinical trial. First, you will learn techniques and therapies that are not yet commonly used in community treatment settings, but which have been shown in previous studies to help people stop or reduce their drug and/or alcohol use. These techniques will be helpful in your work with clients for many years to come. You may be provided with additional training and supervision, that may help you with licensure, certification or continuing education credits as well as adding to your skills as a therapist. If you are considering returning to school, an experience in a research trial may enhance your application. Additionally, you will be helping to develop the process of transferring research-based treatments into clinical practice. Finally, as a therapist in the Clinical Trials Network, you are in a unique position to contribute to the knowledge of effective drug abuse treatment.

WHAT SHOULD I TELL CLIENTS ABOUT THE CLINICAL TRIALS NETWORK AND THE MET STUDY?

The Clinical Trials Network is developing informational handouts for clients interested in participating in clinical trials. You should familiarize yourself with these brochures so that you can answer questions and refer potential participants to the right sources. *What are Clinical Trials?* is an excellent source for understanding the benefits of

participating in a research study. *Should I join the Motivational Enhancement Therapy (MET) Study?* is a brochure for clients that describes the MET Study in general terms that potential participants can easily understand. More specific information about the study can be found in the Informed Consent Form that the research assistant will read with a client who is deciding whether or not to participate. If you become a therapist for the study, you will receive training in how to talk with the clients about the research project. If you ever find yourself unable to answer a question about the research, you should consult your supervisor, the Research Assistant, Node Coordinator, or an Investigator for more information.

For more information on the National Drug Abuse Treatment Clinical Trials Network, visit the NIDA website at www.nida.nih.gov or www.drugabuse.gov.

For information on other clinical trials, the National Institutes of Health (NIH) has created a website to help patients, family members, and the general public obtain information about government sponsored clinical trials. You may log on to www.Clinicaltrials.gov to learn about ongoing or new trials for all types of health related conditions. The descriptions for individual trials include eligibility criteria, purpose of the trial, location, and how to apply if interested. The website is maintained and updated regularly by the National Library of Medicine.

National Institute on Drug Abuse
Division of Treatment Research & Development
Clinical Trials Network
6001 Executive Boulevard
Room 4123, MSC 9551
Bethesda, Maryland 20892-9551
Telephone: (301) 443-6697
Fax: (301) 443-2317

Clinical Trials Network



MOTIVATIONAL ENHANCEMENT THERAPY

A research study on preparing people for change

FOR CLINICIANS

The agency you work for has agreed to participate in a clinical trial to study a behavioral intervention called *Motivational Enhancement Therapy* (MET). This pamphlet provides an overview of this intervention and answers to questions you might have about participating as a therapist in this research project. More information about clinical trials can be found in the National Drug Abuse Treatment Clinical Trials Network (CTN) brochure, *What are Clinical Trials?*

WHAT IS MOTIVATIONAL ENHANCEMENT THERAPY?

During your career as a therapist or counselor, you probably have run across clients who report wanting to recover from their drug problems, but who seem insufficiently motivated to make the changes that would help them in their recovery. MET is a brief intervention designed to help clients make changes in their behavior by using proven strategies that are likely to increase their motivation to change. Unlike some interventions regularly used in community treatment programs, MET is a manualized intervention, which means that therapists who deliver the intervention follow a written set of guidelines (the intervention manual).

WHAT WILL IT BE LIKE TO PROVIDE COUNSELING USING MET?

You will be providing a three session intervention that will involve using assessment information collected on a personal feedback form combined with motivational strategies to assist clients in engaging treatment.

WHY IS MET BEING TESTED?

MET has been shown to be an effective intervention for alcohol use disorders and smoking. While researchers do not necessarily believe that MET alone will give clients with severe drug problems all the tools they need to change, it is hypothesized that the addition of MET strategies to clinic services will positively impact treatment retention and recovery outcomes.

IF I VOLUNTEER TO BE A STUDY THERAPIST, WILL I AUTOMATICALLY LEARN MET?

One of the unique things about participating in a research study is that in order to determine if an intervention is beneficial, it must be compared to a standard intervention. In this study all therapists who volunteer and are selected to be study therapists will be assigned at random to provide either Treatment as Usual (TAU), which will consist of three individual therapy sessions in the beginning phase of a client's treatment, or the MET which will be delivered in place of the first three sessions. Those who are assigned to be MET therapists will receive MET training before the study begins. Those who are assigned to standard treatment will be offered MET training at the completion of the study.

WHY WILL YOU RANDOMLY ASSIGN US?

In order to make sure that the characteristics of the therapists providing therapy to both groups are balanced, random assignment is necessary. It is possible that more therapists of a certain gender, or race, or level of experience would choose to do a certain intervention. In such a situation, when statisticians analyzed the research results it would be hard to tell whether differences between the MET and TAU groups were the result of so many therapists with a certain characteristic giving therapy to that group or whether the outcome was the result of actual differences in the interventions. Random assignment will help to minimize the chances of an imbalance related to therapist characteristics.

HOW WILL PARTICIPATING AS A THERAPIST ON A RESEARCH TRIAL DIFFER FROM MY CURRENT ROLE AND RESPONSIBILITIES?

Because a major goal of the Clinical Trials Network is to move interventions that have been shown to be effective in tightly controlled research settings into community treatment settings, it is the hope of the researchers that your activities as therapists in the CTN trials will be similar to your duties before you joined the study. However, there will

probably be differences in the following areas, including: a slight increase in the paperwork you complete, training on a new type of therapy, a requirement that clients participating in the trial receive specific treatments, and increased supervision for the purpose of ensuring adherence to the therapy manual. Each of these requirements will be described below for the MET study.

Paperwork: If you are selected to deliver the MET intervention, basic information from the assessment will be given to you for each participant on a Personal Feedback Form. The first session will involve carefully reviewing this form with the client. The second two sessions will focus on discussing plans for change. You will also complete therapist checklists and a supervisor evaluation form.

Training: Regardless of which intervention you are assigned to, you will receive additional training. MET therapists will receive training in MET. The MET training will consist of two days of a classroom seminar and role play exercises. Again, usual care therapists will be offered the MET training at the end of the study.

Treatment Manual Adherence: In many community clinics, therapists tend to use whatever techniques seem to work with their patients. As is typical of clinical therapy trials, in the MET study, you will need to deliver your therapy sessions according to the therapy condition you are assigned to. For TAU, your first three sessions will not differ from what you ordinarily do. If you are assigned as an MET therapist, you will use the techniques you learned in training and you will follow guidelines for each session as outlined in the MET manual.

Supervision/Monitoring: If you are selected as a therapist for the MET intervention, you will complete practice/training cases (3 sessions each). These training cases are an opportunity to practice new skills and reach a level of mastery in MET. Training cases will be audio-taped and the tapes will be reviewed and rated by site supervisors, who will also be trained in MET, to make sure that you are following the intervention manual and that you have met an acceptable level of skill in the MET.